

Fresh ink

HOT OFF THE PRESS!

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snack spy







nutrition

Crunchy comfort carbs!

We love the mood-improving, brain-boosting, body-slimming power behind our new favorite snacks: omega-3–spiked crunchers.

After researching an article on omega-3 fatty acids, we made a vow to be more diligent about getting our fill of the healthy fats. Why? Because the proof of their benefits is anything but fishy: Studies show that omega-3s curb cravings and dial down winter weight gain by regulating leptin (aka “the hunger hormone”). Plus, the fats have been shown to improve mood by increasing levels of feel-good neurotransmitters. And they protect skin from winter dryness by strengthening the cell membranes that retain moisture. But getting the recommended 2 to 4 grams of omega-3s per day can be tough—especially if you’re not a fish fan. Luckily, our recent stroll through the snack aisle has led to a pleasant discovery: a bag of chips boasting omega-3s on the label! This prompted a full-blown investigation that resulted in a grocery basket full of omega-3–rich fare. Here’s to happily snacking away winter health woes!



If you like POTATO CHIPS...	If you like SPICY NACHOS...	If you like CRACKERS...
<p>Potato chips are a must in our house at holiday time—the stress of the season eases with each crispy bite. The downside: One serving has 10 grams of fat. So this year we’re munching on Salba Smart Baked Original Recipe Potato Crisps (\$3 for 5 oz., at Whole Foods Market stores). They offer the same satisfying crunch but have just 2.5 grams of fat. But the real beauty of these chips is the 300 mg of omega-3s per serving, which boost the body’s levels of calming hormones to help make us stress-proof. Each serving also has slimming calcium and immune-boosting vitamin C. Just thinking about it makes us smile!</p>	<p>There’s nothing like a spicy kick to fire up our senses when a 3 P.M. slump strikes. But when we saw that our favorite fiery pick contains MSG and partially hydrogenated oils, we realized any fleeting energy boost wasn’t worth side effects like stress and cravings. The snack that saved the day: Seapoint Farms Kooloos Oven Roasted Soy Nuts & Flaxseed (\$3 for 3.5 oz., at Walmart stores). One serving delivers 600 mg of omega-3s, which are proven to rev energy and improve memory. These crunchers also have energizing protein, iron and vitamin C. That’s exactly what we need to power through the workday.</p>	<p>A handful of crackers can be the perfect snack to recharge our batteries between daughter number one’s dance rehearsal and daughter number two’s soccer practice. Unfortunately, our go-to crackers are filled with 340 mg of bloat-inducing sodium. So we’ve switched to Mary’s Gone Crackers Organic Herb Crackers (\$5 for 6.5 oz., at ShopOrganic.com and supermarkets). They’re lower in sodium and contain 650 mg of stress-reducing omega-3s, along with calorie-burning whole grains and satiating fiber. Plus the mix of organic herbs makes them one of the tastier crackers we’ve ever had.</p>
<p>SKIP IT!  Lay’s Classic Potato Chips</p> <p>PICK IT!  Salba Smart Baked Original Potato Crisps</p>	<p>SKIP IT!  Doritos Spicy Nacho</p> <p>PICK IT!  Seapoint Farms Kooloos Soy Nuts</p>	<p>SKIP IT!  Healthy Valley Organic Garden Herb Crackers</p> <p>PICK IT!  Mary’s Gone Crackers Organic Herb</p>

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